



Roger

I love what I do and I am passionate about helping people achieve their fitness goals, with over 9 years of experience as personal trainer my role is to support and encouraging people to achieve their health and fitness goals in a fun ways.

I believe exercise is an important, meaningful part of daily living, Although our schedules are busy, exercise should be incorporated to become routine because it prevent health problems and improve quality of life.

I like playing soccer and swimming. I have participated in Paralympic games of London 2012 as powerlifting Coach

CREDENTIALS:

- Certified Personal Trainer YMCA
- Certified Personal Trainer Canfit Pro

EDUCATION:

- Bachelor Degree in Sport with Education

TRAINING LOCATIONS:

- Clareview Community Recreation Centre
- Commonwealth Community Recreation Centre